

SUPPORT GUIDE FOR NEURODIVERGENT CHILDREN AND TEENS

Navigating a Toxic Culture + Overwhelmed World with Holistic Support



LESS CHAOS + MORE CALM = MORE CONNECTION

If your home feels like walking on egg shells and is in constant meltdown mode, you are not alone. I was there too for many years, and I have finally found a way forward for my whole family.

This guide will give you:

- My go-to meltdown tools for in-the-moment calm
- The daily gut + nervous system support that reduced meltdowns before they even started

💛 Want to skip ahead and see what worked for us?

Take the Kids Quiz for personalised support and recommendations → [KIDS QUIZ](#)



Your child isn't giving you a hard time...
they're having a hard time. Your calm is the anchor they need.

“As a mum of three neurodivergent kids with Autism and ADHD (16, 10 and 7yrs) I know what it’s like to feel overwhelmed by labels, appointments, and opinions.

I was stuck in a cycle of meltdowns, sleep battles, and that exhausting worry that I wasn’t parenting “right”. I didn’t want to 'fix' my kids. I wanted to support them, body and mind. I wrote an award winning book called Mother Om to teach kids how to feel calm but this wasn’t enough. That’s when I learned about the gut-brain connection and started using Happy Juice as part of our daily rhythm.

Within a few weeks, I was sleeping again which was everything after experiencing years of feeling overstimulated from being completely burnt out. I had insomnia and high anxiety due to my own ADHD symptoms combined with perimenopause.

We all became more regulated and less reactive. My teenager was able to take a 6 month break after being on medication for 9 years and he put on 8kgs. My daughter was medicated to help her sleep and now she sleeps so well and is more emotionally resilient. I feel much calmer too, because finally after years of searching, I have found a natural solution that helps us all without side effects.

This isn’t a miracle cure. It’s nervous system support. And for us, it’s changed everything.”



**LEONIE'S
STORY**

Quick-Start Regulation Tools

What To Do During a Meltdown

- ✓ Drop your voice — speak slower & softer.
- ✓ Say what you see — “It looks like your body is having big feelings.”
- ✓ Offer sensory relief — weighted blanket, cold drink, trampoline, long hug (if open).
- ✓ Skip the lecture — co-regulate now, talk later.

What To Do After a Meltdown

- ♥ Reconnect with warmth: “I love you no matter what.”
- 🧠 Teach without shame: “What was your body trying to tell us?”
- 📅 Track patterns: triggers, timing, what helped.
- 🔧 Prep a calm kit: fidgets, chewy snacks, headphones, favourite book.

These tools help in the moment but what truly changed things for us was reducing how often meltdowns happened in the first place.

That’s when I discovered how much the gut and brain work together and how supporting both could help my kids (and me) stay calmer, more focused, and regulate faster.

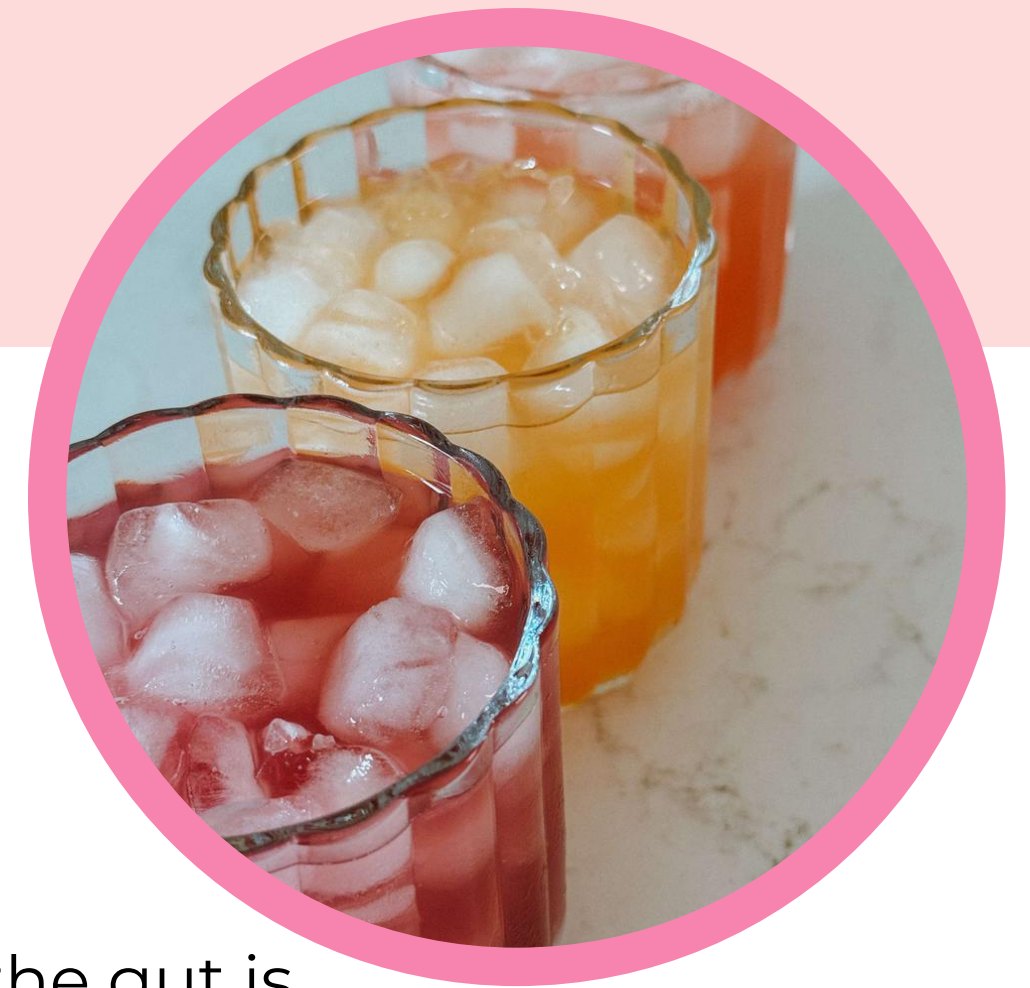


WHY GUT-BRAIN HEALTH MATTERS FOR NEURODIVERGENT BRAINS

Children with ADHD/Autism, sensory challenges, and emotional regulation difficulties often experience:

- Gut inflammation
- Nutrient absorption issues
- Sleep disruption
- Dopamine + serotonin imbalances

That's because the **gut and brain are in constant communication**. When the gut is supported, the brain has what it needs to regulate emotion, mood, and attention.



WHY WE USE HAPPY JUICE

Happy Juice is a 3-part combo that supports focus, mood, energy, and emotional regulation.

✓ **MentaBiotics**: Heals and feeds the gut microbiome

✓ **Edge**: Supports dopamine, motivation, and mood

✓ **Energy+**: Provides calm energy (without overstimulating)

- Can be used **alongside medication**
- Helps the **body handle stress**, regulate emotions, and improve tolerance to meds
- Supports **sleep, digestion, and daily focus**

⚖️ MEDICAL VS SOCIAL MODELS OF NEURODIVERGENCE

- **Medical model** = Diagnosis, disorder, deficiency
- **Social model** = The problem isn't the child. It's the environment

We follow the social model: more acceptance, more regulation, more holistic wellness. Less pressure, shame, or fear.

💬 REAL PARENT STORY: JESS + MAX

BEFORE: After-school meltdowns and emotional crashes

AFTER: Calmer afternoons and mornings, asking for Happy Juice himself

Jess's 10-year-old son Max was struggling with explosive outbursts after school, couldn't sit still in class, and had constant tummy aches. They'd tried everything from occupational therapy to dietary changes but nothing really helped him feel better.

After introducing Happy Juice, Jess noticed Max was more calm after school, more settled in the mornings, and started asking for it himself. She says the biggest win was "less fighting and more connection."



DIAGNOSED OR NOT—WHAT MATTERS IS SUPPORT

Some parents are mid-diagnosis. Others don't want one. Some are stuck. Some are overwhelmed.

Any child will benefit from nervous system regulation as we live in an overstimulated world and kids are so tired and wired at the same time.

This isn't about replacing medication. It's about **helping the body tolerate and thrive**, with or without meds.

MOST COMMON PARENT QUESTIONS

- What supplements are you giving your kids from the range? We take happy juice and kids mood and calm (melatonin free sleep gummies).
- Can you take Happy Juice with meds? Yes, and many parents report better results with both.
- What results have you seen? See our testimonials from other neurodiverse families [here](#).
- I'm not sure where to start—can you help? → Yes. Start with our Happy Quiz for kids or parents
- Can I try a sample? We have a 90 day full money back guarantee on all our products.

REAL PARENT STORY:

BEFORE: Daily meltdowns, speech therapy, struggling in school

AFTER: Calmer mornings, no therapy needed, straight-A student

“My ADHD daughter is 12 and has been taking kids mood and happy juice and it has kept her from having to be medicated. She has been taking this combo for 3 years.

She was struggling in school and was in regular speech therapy, and now she does not need therapy anymore and is straight A student. She drinks happy juice in the morning and has a kids mood in the afternoon.

Hands down these are our favourite products!”





COMMON CHALLENGES + HOW HAPPY JUICE SUPPORTS THEM

Focus + Sitting Still

- Helps calm the nervous system + improve concentration

Sleep Issues

- Supports children who are overstimulated or overtired
- Sleep = critical for emotional regulation and medication effectiveness

School Pressure + Grades

- Less overwhelm, more focus, better resilience

Emotional Regulation + Meltdowns

- Faster recovery, fewer shutdowns, calmer baseline



CARE FOR THE CARER

Your energy matters.

- You can't pour from an empty cup
- Most parents of neurodivergent kids are living with chronic stress
- You deserve support too

Reach out to the person who sent you this for a link to the Happy Quiz to see how much you're carrying right now.

Start supporting your nervous system the same way - Happy Juice isn't just for kids.



Reflection Section: Your Family's Story

Take a quiet moment to reflect on where you are, and what's possible:

1. What brought you to this guide?
2. What has helped your child or family so far?
3. What's still feeling hard?
4. What do you most want to feel?
5. What are you hopeful for?
6. How would it feel if you could change the trajectory of your child's life?

Your 7-Day Calm Start Plan

DAY	FOCUS	TICK
DAY 1	Take Happy Juice + Prep Calm Kit	
DAY 2	Practice 1 Sensory Relief Tool	
DAY 3	Track Bedtime Triggers	
DAY 4	Add 1 Co-Regulation Practice	
DAY 5	Review Patterns & Adjust	
DAY 6	Notice Wins (Share with a Support Person)	
DAY 7	Reflect + Decide Next Steps	

NEXT STEPS

- **Learn about Happy Juice for Adults:**

https://youtu.be/9b-vVT73kjo?si=E_iEJaivJGlymxg4

- **Watch Happy Juice for Kids:**

<https://youtu.be/zRBMcQo9rHs?si=JchK0iFx4pN8-OQb>

- **Adult quiz:** <https://boards.com/a/DI07g.mZ715y>
- **Kids quiz:** <https://boards.com/a/DI07g.wzW2hR>
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- **FOLLOW ME ON SOCIALS:**

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READY TO TRY?

If you are ready to support your families gut + nervous system, click on one the button below.

- Enjoy 10% off
- \$10 new customer credit
- 90-day money back guarantee

SUPPORT FOR THE
WHOLE FAMILY